

How to get in shape for basketball

1. Adverb
2. Verb - Present Ends In Ing
3. Verb - Present Ends In Ing
4. Adverb
5. Adverb
6. Adverb
7. Adverb
8. Verb - Present Ends In Ing
9. Verb - Present Ends In Ing
10. Verb - Present Ends In Ing
11. Verb - Present Ends In Ing
12. Verb - Present Ends In Ing
13. Adverb
14. Adverb
15. Adverb
16. Adverb
17. Adverb

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How to get in shape for basketball. To get in shape for basketball you need to _____ Adverb _____ Verb - _____ Present ends in ING and _____ Verb - Present ends in ING _____, so basically work of your _____ Adverb _____. So set a timer every 5 minutes go from _____ Adverb _____ to _____ Adverb _____ to running, so you get _____ Adverb _____ at it. Next practice _____ Verb - Present ends in ING _____ the ball in open areas for instance up and down a sidewalk in a open gym. Try _____ Verb - Present ends in ING _____ and _____ Verb - Present ends in ING _____ at the same time, so when you are in a game you can be fast at _____ Verb - Present ends in ING _____ and _____ Verb - Present ends in ING _____ the ball up and down the court away from the other team. Then try _____ Adverb _____ Adverb _____ from different _____ Adverb _____ and _____ Adverb _____ just in case you don't get a perfect shot you still got a good try. Then try facing a family member so you know what it is like in a real game and know whats coming and have some practice and know how to box out. Last you need lots of _____ Adverb _____ like push ups, sit ups, jumping jacks, streaches so you don't get hurt or your muscles tighten.